

DIET SUMMARY REPORT

County: GA550 Chesapeake EFNEP

Reporting Period: 12/30/99 - 12/30/99

Filter: <ALL>

I. SUMMARY OF DIETARY IMPROVEMENT

154 graduates

		Entry		Exit	
A. Mean, standard deviation, and percent of graduates eating a specific quantity of each food group					
1. Grains:	Mean ± StD	4.8	±2.8	5.2	±2.2
0 oz eq		4.5%		2.6%	
1-3 oz eq		24.0%		14.9%	
4-5 oz eq		34.4%		33.8%	
6-9 oz eq		31.2%		47.4%	
10+ oz eq		5.8%		1.3%	
Percent with positive change at exit				37.0%	
2. Fruits:	Mean ± StD	0.6	±0.9	1.0	±1.3
0 cups		43.5%		25.3%	
1 cup		40.3%		38.3%	
2 cups		11.7%		26.0%	
3+ cups		4.5%		10.4%	
Percent with positive change at exit				57.8%	
3. Vegetables:	Mean ± StD	1.2	±1.0	1.7	±1.0
0 cups		14.3%		3.9%	
1 cup		44.2%		29.2%	
2 cups		25.3%		40.9%	
3 cups		11.7%		18.8%	
4+ cups		4.5%		7.1%	
Percent with positive change at exit				61.0%	
4. Milk:	Mean ± StD	1.5	±2.7	2.6	±3.9
0 cups		19.5%		5.8%	
1 cup		28.6%		10.4%	
2 cups		25.3%		35.7%	
3+ cups		26.6%		48.1%	
Percent with positive change at exit				65.6%	
5. Meats & Beans:	Mean ± StD	6.8	±5.0	7.3	±3.9
0 oz eq		4.5%		2.6%	
1-2 oz eq		5.2%		1.9%	
3-4 oz eq		18.2%		10.4%	
5-6 oz eq		31.2%		30.5%	
7+ oz eq		40.9%		54.5%	
Percent with positive change at exit				40.9%	

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	Entry	Exit
6. Percent with positive change in any food group at exit (Grains-Fruits-Vegetables-Milk-Meat&Beans)		95.5%
Positive Change means exit intake was nearer recommended amount for age, sex, and level of physical activity.		
7. Percent with 3 oz grain, 1 cup fruit, 1 cup vegetables, 1.5 cups milk, 3 oz meat/beans food pattern:	5.2%	22.7%
8. Percent with 6 oz grain, 2 cups fruit, 2.5 cups vegetables, 3 cups milk, 5.5 oz meat/beans food pattern:	0.0%	0.0%
B. Mean, standard deviation, and percent of graduates eating a specific quantity of fruits and vegetables combined		
1. Fruits+Vegetables Mean ± StD	1.8 ±1.4	2.7 ±1.6
0 cups	9.1%	3.2%
1 cups	26.0%	7.1%
2 cups	33.8%	24.0%
3 cups	16.2%	37.7%
4-5 cups	12.3%	20.8%
6+ cups	2.6%	7.1%
C. Percentage of graduates reporting eating a specific number of meals/snacks		
% eating one meal/snack	5.8%	2.6%
% eating two meals/snacks	13.0%	5.2%
% eating three or more meals/snacks	81.2%	92.2%
D. Number and percent of graduates who reported use of diet or nutrient supplements		
Number	49	27
Percent	31.8%	17.5%

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E. Money spent on food per person per month				
Number of participants reporting	147		149	
Mean family size ± StD	3.7	±1.1	3.7	±1.1
Mean ± StD of money spent on food per person per month (\$)	60.5	±32.7	68.6	±50.6
Distribution of money spent on food per person per month				
\$50-	51.7%		43.0%	
\$51-\$99	36.7%		43.6%	
\$100-\$124	5.4%		4.7%	
\$125-\$149	2.7%		4.7%	
\$150-\$174	2.0%		1.3%	
\$175+	1.4%		2.7%	
F. Summary of physical activity				
Number of participants reporting	4		4	
Percent with positive change in physical activity			0.0%	
Number and percent reporting a specific amount of exercise				
Less than 30 minutes (Sedentary)	4	100.0%	4	100.0%
30 to 60 minutes (Moderately Active)	0	0.0%	0	0.0%
More than 60 minutes (Active)	0	0.0%	0	0.0%

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II. SUMMARY OF CALORIE/NUTRIENT IMPROVEMENT

154 graduates

	Entry		Exit	
A. Mean caloric intake and percentage of calories				
1. Mean ± StD grams consumed:				
Carbohydrates (grams)	202.0	±105.6	218.4	±121.2
Fats (grams)	65.6	±36.3	65.2	±33.4
Protein (grams)	68.5	±37.5	83.1	±41.8
Alcohol (grams)	0.1	±1.0	0.0	Zero
Fiber (grams)	11.1	±7.0	14.7	±7.5
2. Mean ± StD caloric intake: (Calories)				
	1658.8	±780.4	1768.4	±808.2
3. Ranges of caloric intake:				
<1200 calories	24.0%		14.9%	
1200-2199 calories	61.0%		67.5%	
>2199 calories	14.9%		17.5%	
4. Percentage of calories				
a. From carbohydrates: Mean ± StD	47.4	±12.4	47.1	±11.4
<25%	2.6%		2.6%	
25-49%	51.3%		53.2%	
50-60%	34.4%		36.4%	
>60%	11.7%		7.8%	
b. From fat: Mean ± StD	33.9	±9.9	31.8	±9.0
<20%	7.1%		5.2%	
20-29%	16.9%		29.9%	
30-34%	25.3%		25.3%	
35-39%	18.8%		23.4%	
>39%	31.8%		16.2%	
c. From protein: Mean ± StD	16.1	±5.6	18.5	±5.8
<5%	2.6%		2.6%	
5-9%	2.6%		0.6%	
10-14%	36.4%		16.2%	
15-19%	34.4%		39.0%	
>19%	24.0%		41.6%	

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II. SUMMARY OF CALORIE/NUTRIENT IMPROVEMENT

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	Entry		Exit	
5. Dietary fiber intake (grams): Mean \pm StD	11.1	± 7.0	14.7	± 7.5
<5 grams	13.0%		3.2%	
5-15 grams	67.5%		57.8%	
16-24 grams	12.3%		30.5%	
>24 grams	7.1%		8.4%	
6. Sodium intake not available				
B. Mean nutrient intake and percent of RDAs				
1. Protein: Mean NAR	0.90		0.96	
<51% RDA	5.8%		2.6%	
51-69% RDA	4.5%		0.6%	
70-99% RDA	20.8%		7.1%	
>99% RDA	68.8%		89.6%	
2. Iron: Mean NAR	0.67		0.76	
<51% RDA	26.6%		18.2%	
51-69% RDA	26.0%		17.5%	
70-99% RDA	25.3%		29.2%	
>99% RDA	22.1%		35.1%	
3. Calcium: Mean NAR	0.57		0.76	
<51% RDA	41.6%		16.2%	
51-69% RDA	27.3%		18.8%	
70-99% RDA	20.8%		31.8%	
>99% RDA	10.4%		33.1%	
4. Vitamin A: Mean NAR	0.63		0.87	
<51% RDA	40.9%		7.1%	
51-69% RDA	12.3%		10.4%	
70-99% RDA	14.3%		18.2%	
>99% RDA	32.5%		64.3%	
5. Vitamin C: Mean NAR	0.73		0.88	
<51% RDA	25.3%		11.0%	
51-69% RDA	16.2%		5.2%	
70-99% RDA	13.0%		10.4%	
>99% RDA	45.5%		73.4%	

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	Entry	Exit
6. Vitamin B6: Mean NAR	0.71	0.85
<51% RDA	24.0%	8.4%
51-69% RDA	18.2%	12.3%
70-99% RDA	29.2%	24.7%
>99% RDA	28.6%	54.5%
7. 6MAR: Mean NAR	0.70	0.85
<51% RDA	14.9%	3.9%
51-69% RDA	22.7%	8.4%
70-99% RDA	59.1%	74.7%
>99% RDA	3.2%	13.0%

Notes:

NAR = Nutrient Adequacy Ratio = Nutrient intake/RDA (limited at 1.0)

6MAR = Sum of NAR values for protein, iron, calcium,
vitamins A, C, and B6 / 6 = Average NAR

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III. DISTRIBUTION OF CALORIE AND NUTRIENT INTAKE

154 graduates

5 exits

		Entry		Exit	
A. Calorie and nutrient intake among Participants					
[Completed Program]					
Number and percent of participants		154	100.0%	154	100.0%
Calories:	Mean % RDA ± StD	73.3	±35.2	78.2	±36.4
Protein:	Mean % RDA ± StD	134.4	±71.4	165.3	±90.3
Iron:	Mean % RDA ± StD	78.1	±50.6	91.2	±49.3
Calcium:	Mean % RDA ± StD	64.8	±61.0	101.2	±98.3
Vitamin A:	Mean % RDA ± StD	104.0	±145.8	182.3	±171.7
Vitamin C:	Mean % RDA ± StD	128.5	±121.5	192.1	±140.0
Vitamin B6:	Mean % RDA ± StD	85.4	±54.4	108.0	±52.1
B. Calorie and nutrient intake among Participants					
[Exited, objectives not met]					
Number and percent of participants		5	0.0%		
Calories:	Mean % RDA ± StD	41.3	±36.6		
Protein:	Mean % RDA ± StD	79.5	±81.2		
Iron:	Mean % RDA ± StD	68.7	±93.5		
Calcium:	Mean % RDA ± StD	42.7	±48.6		
Vitamin A:	Mean % RDA ± StD	125.5	±157.2		
Vitamin C:	Mean % RDA ± StD	155.1	±180.2		
Vitamin B6:	Mean % RDA ± StD	42.9	±45.3		

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IV. HEALTHY EATING Index SUMMARY

4 graduates

		Entry		Exit	
A. Healthy Eating Index Component and Total Scores					
Number and percent of participants		4	100.0%	4	100.0%
Fruits:	Mean HEI ± StD	0.0	Zero	0.0	Zero
Vegetables:	Mean HEI ± StD	0.0	Zero	0.0	Zero
Grains:	Mean HEI ± StD	0.0	Zero	0.0	Zero
Meat & Beans:	Mean HEI ± StD	0.0	Zero	0.0	Zero
Milk:	Mean HEI ± StD	0.0	Zero	0.0	Zero
Total Fat	Mean HEI ± StD	0.0	Zero	0.0	Zero
Saturated Fat:	Mean HEI ± StD	0.0	Zero	0.0	Zero
Sodium:	Mean HEI ± StD	0.0	Zero	0.0	Zero
Cholesterol:	Mean HEI ± StD	0.0	Zero	0.0	Zero
Variety:	Mean HEI ± StD	0.0	Zero	0.0	Zero
Total Score:	Mean HEI ± StD	0.0	Zero	0.0	Zero
B. Healthy Eating Index Total Score Distribution					
0 - 50 (Poor)		100.0%		100.0%	
51 - 80 (Need Improvement)		0.0%		0.0%	
81 - 100 (Good)		0.0%		0.0%	